

Today's Workout

Date: Sunday, 6/22/14

Today's Objectives:

Distance Increase. Pace over distance.

BE HONEST ON THE LONG QUALITY SWIM.

General Conditioning

	12U Novice		Intermediate		Advanced/Senior	
Time	Comp	Set	Comp	Set	Comp	Set
4:30	DL	SAME==>	DL	SAME==>	DL	Stretch
4:45	K	3x100 K FR on 2:45	K	4x100 K FR on 2:15	K	5x100 K FR on 1:50
5:00	LQS	2x(250FR, 1:00rst)	LQS	3x(250FR, 1:00rst)	LQS	3x(300FR, 1:00 rst)
5:15	BR	4x100 BR/FR on 3:00	BR	5x100 BR/FR on 2:30	BR	3x200 BR on 4:30
5:30	BK	4x100 BK/FR on 2:45	BK	5x100 BK/FR on 2:15	BK	3x200 BK on 3:30
5:45	R	SAME==>	R	SAME==>	R	Relays, Starts, Turns
6:00	IM	4x100 IM/FR on 3:00	IM	5x100 IM/FR on 2:30	IM	4x200 IM on 4:00
6:15	BK	3x100 BK/FR on 3:15, use as a semi warm down	BK	4x100 BK/FR on 2:30, use as a semi warm down	BK	5x100 BK on 1:50, last two easy as warm down
Yards		2300		3050		3900

Time 51.7 98.175 97.24

Thought for the Day	Notes
Don't find fault, find a remedy.	